

www.heartbeateastsuffolk.org.uk

PULSE

HEARTBEAT (East Suffolk) Newsletter

QUARTERLY ISSUE: February 2020

Founder Member and Life President: John Cuckow

Patron: Dr. Duncan McNab MB, BS, MPhil, FRACP

Patron: Dr. N Irvine B.Sc. (Hons) FRCP



Photo: Melinda Diefenderfer. Flickr.

First day of Spring, 1st March

East Suffolk Cardiac Support Group
Big enough to cope, small enough to care

Heartbeat (East Suffolk) Charity Commission Registered Number 800632

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DISABLED ADVICE BUREAU

Room 11, 19 Tower Street, Ipswich.

Tel: (01473) 217313

www.ipswichdab.org.uk

Bed & Breakfast Recommendations

Royal Papworth Hospital (new location next to Addenbrookes Hospital.

New telephone number 01223 638000. Postcode for SatNav CB2 0QQ)

Papworth keep a list of nearby B&B's

Lea Hospital Cambridge: Wendy at Rose Cottage, Histon, Cambridge.

Tel: 01223 563136.

3-4 minute walk to the hospital, but return transport available if required.

Contacts

Heartbeat is affiliated to the British Heart Foundation & Arrhythmia Alliance - The Heart Rhythm Charity.

Art Group	Shirley West	(01473) 624113
Cardiac Ward Visit Co-ordinators	Peter & Diane Marriott	(01394) 286037
Editor of Pulse	Carol Nunn	(01473) 253766
Exercise	Peter & Diane Marriott	(01394) 286037
Treasurer	Yvonne Chittock	(01473) 623460
Line Dancing	David/Dee Parmenter	(01473) 420378
Medicards	Carol Nunn	(01473) 253766
Meeting Steward	Patricia Fountain	(01473) 729326
Membership Secretary	Patricia Tibbs	(01394) 276735
Monday Club	David Parmenter	(01473) 420378
Speaker Facilitator	Doreen Robinson	(01473) 402429
Supermarket Collections	Kay Burton	(01473) 434545
Swimming	Adrian Cole	(01473) 602484
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About Your Magazine

Pulse is issued four times annually, usually in the first week of each month: February, May, August and November. Articles for inclusion in the newsletter must be in the hands of the editor **AT LEAST 4 WEEKS BEFORE THE ISSUE DATE**. The views expressed in the contributions to the newsletter are not necessarily the views of the editor or the Heartbeat committee. The editor has the right to edit all letters or articles sent in for publication.

All correspondence relating to this newsletter should be forwarded to:

The Editor: Carol Nunn, 31 Wroxham Road, Ipswich IP3 0PH

Tel: (01473) 253766 or e-mail: carol.nunn1@yahoo.co.uk

CHAIRMAN'S REPORT

I hope that Santa brought all you had hoped for. All too soon Christmas is just a fading memory. Writing this at the end of December the sun is shining somewhat differently from the previous few weeks of rain, rain and more rain, but looking on a more positive side it could have been snow. A new year gives us all the opportunity to keep the resolutions we made and to improve our own lives and the dreams of others.

We have now provided a total of 25 defibrillators, with a further one to be installed, in our quest to provide the public with access to the machines. It is recognised by the medical profession that CPR is given and/or the machine deployed within a short time it increases the patient survival rate by up to 70%.

I am pleased to report that we have at last attracted some publicity for our defibrillator drive. The Mayor of Ipswich, Jan Parry, attended the installation of one unit at the Easy Hotel in Northgate Street and a further one was installed on the church in Museum Street that was featured in a the Methodist Recorder which is a national publication. It is gratifying to know that our efforts are not being totally ignored by the media.

Our next monthly meeting on March 3rd is the final one at 2p.m. before we change to our spring/summer time schedule at 7.30p.m. Please make a note in your diary/calendar/phone when I and the committee will welcome all members.

Best wishes

MIKE

DON'T FORGET TO USE OUR CO-OP CHARITY NUMBER 1946

To use this number you need to use your own dividend card first and then ask the assistant to transfer the dividend to the Heartbeat Number 1946

TREASURER'S REPORT

We again had a very successful Christmas Draw. We sold tickets to the value of £3,060. Many thanks to all who bought tickets, it is the only time we raise money ourselves for the charity and it enables us to continue providing the Pulse magazine 4 times a year free of charge to all members. After all expenses we made a profit of £2,241 and on top of that we had further donations of £160 which members enclosed with their draw money; thank you. Thank you also for the donations of food for the hampers and with a kind donation of food from Tesco in Ropes Drive, Kesgrave we were once again able to provide 12 substantial hampers. This we could not do without all members who contributed food for the hampers and of course bought the Christmas draw tickets.

After a very successful year providing defibrillators in the community and equipment to the hospital I am sure we will continue spending the money we receive as donations wisely in 2020.

100 CLUB WINNERS

November	Mr S Green	£45.20
	Mrs J Wheeler	£22.60
	Mr S Young	£11.30
December	Mr D Keene	£45.20
	Mrs I Askew	£22.60
	Mrs D Dowe	£11.30
January	Mrs J Pearce	£45.60
	Mrs P Burrows	£22.80
	Mrs C Gorgan	£11.40

SUDOKU

					8	4		1
			4			8	9	6
8		1	6		5			9
		2		3		5		
9			8		1	2		7
1	5	9			7			
3		6	9					

GOOD ADVICE

I went to the doctor and asked “What is the best way to lose weight”. He said, “Just shake your head”. Slightly puzzled, I asked, “How often”. The doctor gave me a knowing glance and replied “Every time someone offers you food”.

MORE GOOD ADVICE

**You can't have a good day with a bad attitude
and you can't have a bad day with a good attitude**

HEARTBEAT COMMITTEE

President (Life)	John Cuckow	
Chairman	Michael Farthing	6 Medway Road, Ipswich, IP3 0QJ Tel: (01473) 714431 e-mail: michaelfarthing @talktalk.net
Vice-Chairman	Dee Parmenter	60 Tuddenham Avenue, Ipswich, IP4 2HF Tel: (01473) 420378 e-mail: deniseparmenter@hotmail.co.uk
Secretary	Patricia Tibbs	24 Colneis Road, Felixstowe, IP11 9HF Tel: (01394) 276735 e-mail: Patricia.tibbs@ hotmail.com
Treasurer	Yvonne Chittock	42 Padstow Road, Kesgrave, Ipswich, IP5 1LR Tel: (01473) 623460 e-mail: Yvonnechittock@hotmail.co.uk
100+ Club	Norma Farthing	As Michael Farthing, above.
Editor of Pulse Medicards	Carol Nunn	31 Wroxham Road, Ipswich, IP3 0PH Tel: (01473) 253766 e-mail: carol.nunn1 @yahoo.co.uk
Exercise Classes Cardiac Ward Visitor Co-ordinators	Diane & Peter Marriott	Apt. 2, 105 Queen Road, Felixstowe IP11 7PG Tel: (01394) 286037. e-mail: dianepetemarriott@btinternet.com
Meeting Steward	Patricia Fountain	14 Adelaide Road, Ipswich, IP4 5PR Tel: (01473) 729326
Monday Club	Dee & David Parmenter	See above.
Speaker Facilitator	Doreen Robinson	10 Dales View Road, Ipswich, IP1 4HL Tel: (01473) 402429 e-mail: david.robinson4@ntlworld.com
Travel & Outings	Doreen & David Robinson	As above
HELP LINE Store Collections	Kay Burton	211 Dales Road, Ipswich, IP1 4JY Tel: (01473) 434545 e-mail: parkie9@icloud.com
Member	John Biggs	48 Mildmay Road, Ipswich, IP3 9PG Tel: (01473) 710596 e-mail: johnbiggs65@outlook.com

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IT'S ALL IN THE MIND

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, "Now don't get mad at me.... I know we've been friends for a long time... but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her for at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

The Senility Prayer

Grant me the senility to forget the people I never liked anyway. The good fortune to run into the ones I do, and the eyesight to tell the difference.

HEARTBEAT REGALIA

LADIES & GENTS FLEECES

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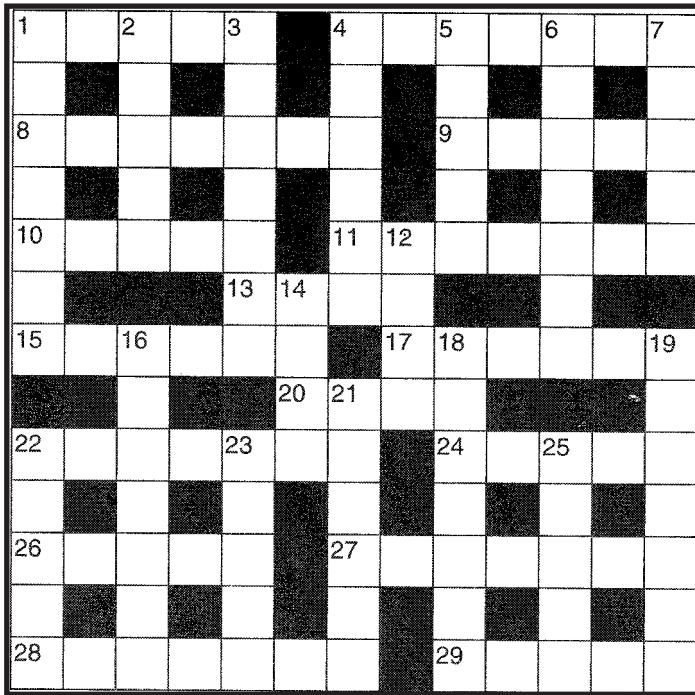
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CROSSWORD - Answers on pages 27



ACROSS

1. Mischievous (5)
4. Phantom (7)
8. Vegetable (7)
9. Imitative (5)
10. Honey-badger(5)
- 11 Parallelogram (7)
13. Boss (4)
15. Edit (6)
17. Disclose (6)
- 20 Split (4)
22. Intricate (7)
24. Norwegian playwright (5)
26. Rule (5)
27. Chapter (7)
28. Gorge (7)
29. Composition for nine (5)

DOWN

1. Monarch (7)
2. Foremost (5)
3. Perplex (7)
4. Excellent (6)
5. Muse of love Poetry (5)
6. Finger cap (7)
7. Characteristic spirit (5)
12. Antler (4)
14. Lake (4)
16. Blood-sucker)(7)
18. Issue (7)
19. Merciful (7)
21. Specialist (6)
22. Rare Object (5)
23. Sudden Thrust (5)
25. Ladle (5)

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REGULARLY HELD ACTIVITIES

MONDAY CLUB 1.30 p.m.

Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 7EE

Board Games, Dominoes, Kurling etc. or just a chat

Session **£2.00** incl. Tea/Coffee & biscuits

Dee/David Parmenter

Mob: 0744 3491 666

EXERCISE MONDAY 5.45-7.15p.m.

EXCEPT BANK HOLIDAYS

Chantry Academy Community Use Facilities, Mallard Way,

Ipswich, IP2 9LR.

Exercise for members, partners or their carers.

EXERCISE WEDNESDAY 4.30-6 p.m.

Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE

Exercise for members, partners or their carers.

Peter/Diane Marriott (01394) 286037

Mob: 0797 4756 498 (Peter)

Mob: 0781 7294 283 (Diane)

All sessions are £5.00 each

ART GROUP

WEDNESDAY 9.30 a.m. - Noon

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Adrian Cole (01473) 602484

LINE DANCING

THURSDAY 2 p.m.

Kesgrave Social Club, Edmonton

Road, Kesgrave. IP5 7EE

Line dancing partners are welcome to come and enjoy a game of cards or just a drink and a chat.

Sessions **£3.00**

Dee/David Parmenter

Mob: 0744 3491 666

TEN PIN BOWLING

FRIDAY 10 a.m. - 1 p.m.

KingPin Bowling, Martlesham Heath,

All year round but subject to lane availability during school holidays.

£7.00 (including bowling, shoe hire and a free cup of coffee).

Margaret Cockrill (01473) 271958

FREE MAGAZINE

The British Heart Foundation publishes a quarterly magazine to cover issues relating to heart health.

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MONTHLY MEETING DATES AND SPEAKERS

MEETINGS WILL BE HELD at Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 1EE usually on the first Tuesday of each month. SEE TIMES BELOW. All members are welcome.

Future dates and speakers

3rd	Mar	Annie	Return visit Keyboard/Vocalist
7th	April	John Field	Carl Giles (Cartoonist
5th	May	Sharon Lockhart	Reduce/reuse/recycle
			Not a waste of time
2nd	June		Ukulele Band What no Cake

If you belong to any other groups or have heard speakers that you could recommend to our group please get in touch with Doreen Robinson on (01473) 402429

IMPORTANT NOTICE FOR 2020

**THE MARCH MEETING WILL BE THE LAST WINTER MEETING
TO BE HELD WITH THE COMMENCEMENT TIME AT 2p.m.**

**FROM APRIL TO SEPTEMBER INCLUSIVE THE MEETINGS
WILL BE HELD WITH THE COMMENCEMENT TIME OF 7.30p.m.**

DOREEN

The cost per standard boxed advert is £40 per year for four issues to over 1600 members. Please contact the Editor: Carol Nunn (01473) 253766 or e-mail carol.nunn1@yahoo.co.uk for more information.

TRAVEL - CURRENT PROGRAMME

Travel Organisers:

Doreen & David Robinson

10 Dales View Road, Ipswich, IP1 4HL

Tel: (01473) 402429

E-mail: david.robinson4@ntlworld.com

2020

13-17th July Warners, Bembridge IOW

7-11th December Warners Littlecote, Berkshire

Please contact us for full details of cost/deposits/vacancies required.
We maintain reserve lists for most of our events and **we have always needed them.**

Cheque payment should be made payable to Heartbeat East Suffolk

**PEOPLE TRAVELLING WITH HEARTBEAT SHOULD TAKE OUT
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LOSS OF DEPOSIT, HEALTH CONDITIONS,
LOSS/DAMAGE OF/TO LUGGAGE & CANCELLATION CHARGES

Don't forget to bring your UP-TO-DATE medicard

It is vital that you obtain a Heartbeat Medicard. We have had several incidents in the past when these cards have been extremely important to attending doctors or necessary visits to local hospitals.

Contact the editor for an application form.

DOREEN & DAVID

Medicard

FOR AN APPLICATION FORM CONTACT:

CAROL NUNN, 31 WROXHAM ROAD, IPSWICH, IP3 0PH

Tel: (01473) 253766 e-mail: carol.nunn1@yahoo.co.uk

WORDSEARCH - HIBERNATE & MIGRATE

R	P	L	S	R	A	J	H	T	H	G	I	N	G	G	S	Y
U	Q	U	A	H	E	D	G	E	H	O	G	R	S	A	E	S
A	L	P	I	N	E	M	A	R	M	O	T	S	P	R	V	T
G	E	J	G	M	D	S	D	W	K	L	R	R	P	T	O	A
R	E	L	R	I	E	S	A	E	S	T	A	S	R	E	D	B
O	S	Q	A	I	L	R	N	E	E	I	O	E	T	R	E	S
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N	S	B	E	L	N	T	M	I	I	P	M	L	L	N	T	E
D	O	K	E	R	R	I	E	O	I	L	I	I	S	A	R	T
H	S	R	N	U	R	D	T	P	N	A	S	T	C	K	U	A
O	S	W	T	U	O	I	I	H	T	S	R	R	S	E	T	W
G	S	X	O	G	M	T	U	G	G	A	T	N	G	O	L	R
S	O	K	S	L	S	P	A	Q	T	I	I	E	O	Z	A	A
B	N	W	U	W	L	W	I	S	S	T	N	K	R	P	D	E
R	Z	R	I	N	W	A	D	H	R	D	C	Z	F	S	Y	H
C	P	F	E	O	K	E	W	A	C	U	N	D	D	C	B	S
J	T	I	L	T	R	S	M	S	C	L	T	U	O	Y	U	X
S	L	L	I	W	R	O	O	P	N	O	M	M	O	C	G	N
I	E	S	R	E	H	C	T	A	C	Y	L	F	W	R	S	A
Y	B	U	M	B	L	E	B	E	E	S	R	A	E	B	G	M

Alpine marmots
Bats
Bears
Boxturtles
Bumblebees
Chipmunks
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Cuckoo
Deermice
Flycatchers

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Gilamonster
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Ground Squirrels
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Nightjars
Osprey
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Redstarts
Skunks
Swallows
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Woodfrogs
Yellow Wagtails

A TALE OF A LIVERPOOL LASS

It was Bernard (Brad's) fault that it all started. My friend Val and I used to go to the Locarno Ballroom, every Saturday night, in Liverpool's City centre. Val and I used to meet up with friends there to dance and jive and it was there that we met Brad who was in the RAF stationed at West Kirby on the Wirral. One Saturday Brad told me that he was being posted to Ceylon and asked if I would write to him so I gave him my address. When Brad arrived in Ceylon he wrote and asked if I would ask the girls I worked with in the offices of Hartley's Jam factory if they would be willing to write to some of his contemporaries. The girls wrote a short note about themselves with their names and addresses c/o of Brad who put them into a hat for a 'lucky dip' but he gave my letter to a friend named Ron.

In my introductory letter I had written I was looking for somebody with a sense of humour, tall dark and handsome like Dirk Bogarde! I had enclosed a photo of myself as well. In Ron's first letter he described himself as the monster from the Blue Lagoon, very hairy and very sarcastic, at times. He also enclosed a photo and I thought "very dishy". Ron was 5' 8" tall and I was 5' 7" so a perfect fit. (I thought It would be a novelty to dance with someone of my own height). I replied to Ron saying that I could also be sarcastic but not hairy.



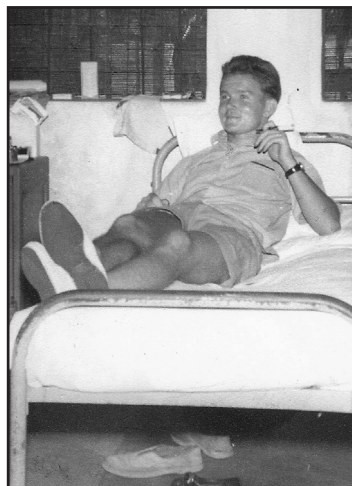
Ron had completed two years National Service and had enlisted for a further two. He said he was "enjoying the good life with all his washing, cooking and cleaning done for for him and being thoroughly spoiled.

In a later letter he wrote that a film crew had arrived to make a film called Bridge over the River Kwai and the service personnel were enlisted as 'extras' – they could not be paid but would be given cigarettes. A proud

Ron described the opening scene. “The train comes along the track, stops and the guards get down followed by the prisoners. They walk alongside the track for a while and start going up a hill and as they come over the brow he was the second one over the top”. His claim to fame!

Back in Liverpool all the girls went to see the film and we all sat watching and counting then shouted “there’s Ron” Startled and embarrassed faces all round!

We met for the first time on 15th September. Ron was on disembarkation leave and was coming on a visit arriving at Liverpool’s Lime Street Station. “How will I know you?” I wrote. His response was “Look for a bloke carrying a guitar case”. (No standing underneath the station clock for us!) Just when I was beginning to think he had changed his mind I spotted him and thought to myself mmm OK. So we left the station and walked to the bus stop to my parents house.



We were some of the lucky ones Moffatt Road, where the family lived, had not had the heavy bombing that much of Liverpool had been subjected to although all of one side of the road was an air raid shelter which the Corporation demolished some years later.

We lived in a typical two up two down terraced house, no front or back gardens for us with a toilet in the backyard. Mum had bought a bed settee for the visit as my two brothers slept in the back bedroom. Mum and Dad was in the front bedroom, on a really tall double bed and I slept on what was call a truckle bed which was on the floor at the end of their bed.

When Mum and Dad came home from work we had a cup of tea and sat and talked with them and I kept surreptitiously glancing at Ron and

thinking “I’m not sure I like him” and when his arm crept along the back of the settee towards me I inched away. The tension was eased when Ron suggested a visit to the cinema and whilst we were watching the film his arm once again slid along the back of my seat but on this occasion I let it stay and thought “This is not so bad after all!”

The visit flew by and Ron had to return to London to be demobbed. From then on I would travel to London, on the overnight coach, one weekend and he would travel to Liverpool on alternate weekends on the train. Our correspondence continued throughout the weeks between visits.

Ron loved his music and his favourite song was Johnnie by Johnnie Ray (Ironically, as it turned out the lyrics ran “Johnnie remember me”). I received a letter from Ron to say he was going to try and make a career singing so he was going to concentrate on that. I was broken hearted and my Mum and Aunt said he was never to darken their doors again. “Fat chance” I thought.

Some time later I received a letter from Ron’s brother Len asking me to take Ron back as he was “walking around like a bear with a sore head”. I told Len that Ron could write to me again. Ron wrote asking me to move to London and said that I could live with his Mum and Dad in Forest Gate where I would have my own room. My Mum and Dad agreed and the “in-laws” were very kind and accepted me as the daughter they had never had.

I took employment with a printing company at Kings Cross and Ron and I frequented the cinemas and theatres quite regularly. One day we went into town to visit the cinema but first Ron took me to Lyons Corner House at the Strand where they had a string quartet playing. He had reserved a table on a little balcony and as we sat eating the string quartet started walking towards us still playing and Ron put a small box on the table and proposed. I said yes and opened the box to find it was empty!

We went to the Cinema to watch the preview of the film Campbell’s Kingdom and Ron gave me a box of chocolates that he insisted I open right away and nestled in a depression where a chocolate had been, was

a beautiful engagement ring. Unfortunately, it only fitted onto his little finger to the first joint so it did not fit me. The jeweller agreed to take it back and a different ring was purchased.

I wrote to Mum and Dad when we got home to give them the news and Mum and my Aunt came to visit us on my birthday on 21st October. Obviously, the first question was “When is the wedding?” Ron laughed and said he could make it before Christmas!

Ron and I married on 20th December 1958 in the Congregational Free Church in East Ham where I changed the posh sounding surname from Kilmartin to the rather popular Smith.



I was secretary to the Director of a company when we got engaged and he had voiced his opinion that I was “far too young and hadn’t lived” but he still presented us with a cut glass rose bowl as a wedding present.

We found rooms to rent in a house at Hackney consisting of a living room, bedroom and scullery/kitchen. The landlady had an unusual living arrangements, her husband lived in the basement and her son lived in a downstairs room with the landlady using the rooms that were left. One day I was unable to work and stayed in bed. Ron was at work when I was roused by the door opening and thought that it was him returning. I looked up to find the landlady in the room and asked what she was doing. Rather flustered she said she had been cleaning the stairs!

Shortly after this incident Ron's brother. Len, told us they were moving from their rented accommodation in Forest Gate so we took over their rooms. Mrs Druce was a lovely landlady and she also allowed us to enjoy the small back garden.

On a visit to my home for Christmas I suddenly got very home sick and asked Ron if he would be prepared to move to Liverpool and he agreed and Ron's mother gave us the deposit to enable us to purchase our first home in Hall, Liverpool.

Ron took a position working for the Railway Police. One of the advantages of this was we were entitled to free railway passes as a result we visited Ron's parents often. Ron passed the examination to become a Police Inspector. Unfortunately, Mr Beeching had begun to swing his axe and Ron soon realised that he would never be able to take up that promotion.

Various trades were then tried, he became a Milkman before working at Courtaulds factory. Later on he heard that they were opening a new place in Chester and was he interested in moving. We sold our house in Liverpool and bought one in Chester. A short while afterwards we learned that Courtaulds were bringing their own staff so Ron left and went to work at Radio Rentals where he stayed for a year and a half prior to relocating to Suffolk.

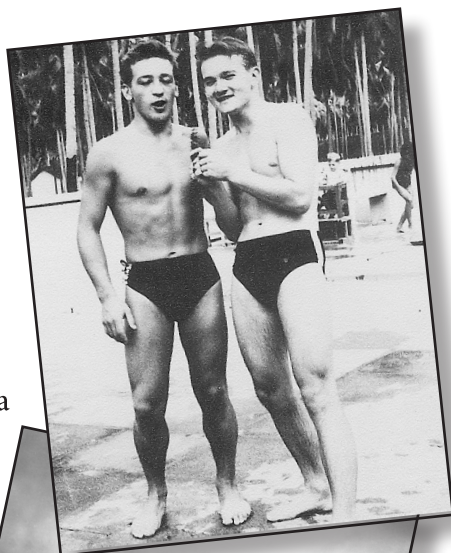
We had our ups and downs as most couples do but we also had two loving daughters Julie and Tracy. We considered ourselves lucky and celebrated

out 40th wedding anniversary on 20 December 1998. My brother, John who lives in Canada, invited us over for the New Year. Ron didn't want to go and as our daughter, Julie, was living with us at that time it was decided that I should go alone as I hadn't seen my brother for seven years and it was his 50th birthday in January. I flew out on 27th December and was due to return on 7th January.

It was great catching up with the family and one of the highlights was going to see Niagra Falls and though I dislike heights I was persuaded to join him on the cable car that took us over to the American side which was frozen and seemed quite weird. On the return journey the cable car stopped over a whirlpool so that was a bit scary looking down upon it..

Ron on the right

On 6th January I had a 'phone call from our daughter, Julie. She had been for an interview and arrived home to find there was no sign of Ron. She went upstairs to check the bedroom and found Ron in bed. He had suffered a massive heart attack and died in his sleep.



My brother took me to the airport and left me in a queue while he went to find someone in charge and explained the situation. On his return I was whisked to the front of the queue from there I was taken care of. I was allowed onto the aircraft first and put into first class for my trip home. Our daughter, Tracy, met me at the airport and took me home.

Those of you who have lost loved ones know how life becomes a blurred, robotic world for a time until you get to a 'new' normal life. I treasure my family and friends and have happy memories. I take pride in my five grandchildren and especially in my first great grandchild a boy named Gilby who was born on Christmas day 2019.

MARIAN SMITH



VALUE FOR MONEY?

Sid and his wife, Myrtle, are shopping in a supermarket and Sid picks up a case of Budweiser and puts it in the trolley. "What do you think your doing?" asks Myrtle. "They're on sale; only £10 for 24 cans" he replies. "Put them back; we can't afford them" demands Myrtle. They carry on shopping and a few aisles later Myrtle picks up a £20 pot of face cream and puts in in the trolley. "What are you doing?" asks Sid. "It's my face cream - it makes me look beautiful" she replies. Sid retorts: "So does 24 cans of Budweiser and thats only half the price."

Dear Dad - The letter no parent wants to read!

It is with a heavy heart that I write this letter. I decided to elope with my new girlfriend, Tamara. We wanted to avoid a scene with you and Mum.

I've found real passion with Tamara and she is so lovely - even with her nose piercing, tattoos and her tight motorcycle clothes. But it's not the only joy Dad, she's pregnant and Tamara said that we will be very happy.

Even though you won't care for her as she is so much older than me, she already owns a trailer in the woods and has a stack of firewood for the whole winter. She wants to have many more children with me and thats now one of my dreams too.

Tamara taught me that marijuana doesn't really hurt anyone and we'll be growing it for us and trading it with her friends for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will find a cure for HIV so that Tamara can get better; she sure deserves it! Don't worry Dad, I'm 15 years old now and I know how to take care of myself. Someday I'm sure we'll be back to visit, so you can get to know your grandchildren.

Your ever loving son, Eddie.

p.s. Don't worry Dad, none of the above is true. I'm over at next doors house. I just wanted to remind you that there are worse things in life than my end of year school report which is in the centre drawer of my desk. I love you! Call when it is safe for me to come home.

The Ipswich Hospital – Cardiac User Group And how it affects you!

The Ipswich Hospital Cardiac User Group is a patient lead group of users of the cardiology services (patients) at Ipswich hospital and a cross section of senior providers of the service (nurses to senior management). This group is important to you as we are able to monitor all aspects of the service from short fall in equipment to waiting times. We try to be proactive by supporting the service and where necessary confront problems. To this end the group was instrumental over many years, in getting the Heart Centre built at the Hospital. We also had members on the design committee of both the Heart centre and Critical Care Unit. Both these being critically important to Heartbeat members.

We have a very close relationship with Heartbeat East Suffolk (a proportion of the committee being Heartbeat members). This has enabled us to reduce waiting times by being the conduit between the needs of the Hospital service and Heartbeats' charitable instincts, to provide hospital equipment for the hospital to improve patient experience throughout their stay. Requests by the Hospital for help can be transferred directly to the Heartbeat committee for consideration, via the Heartbeat committee members on the Cardiology User Group team.

Other areas of concern are very important to individual patients but are not so wide spread and are not always so easy to rectify. One area we have been looking into concerns patients who come into hospital for cardiac or other conditions and are placed on non-cardiac wards. These patients are often treated by doctors who are specialists in other areas and may or may not consult cardiologists on the patients treatment. In some cases patients have become distressed with the apparent separation from cardiological overview of their condition. We have, therefore, managed to arrange a method of contact with the cardiology department. This site is now up and running for patients who are worried about their medication or treatment changes whilst on non-cardiac wards. This is for ***urgent need only*** and should not be used for any other purpose.

The site address is :-

cardioInpatientcomms@ipswichhospital.nhs.uk

If after reading this article you feel you would like to be involved in giving back to the cardiac services at the hospital by joining the Cardiology User Group. Please contact me, The Heartbeat Chairman or Peter or Diane Marriott for more information.

Keith Cockrill

Chairman Cardiology User Group

MIDDLE WIFE

It was “show and tell” day in the junior school class and an outgoing bright child named Erica had brought in a pillow stuffed under her sweater. Waddling up the front of the class she held up a photograph and said, “This is Luke, my baby brother and I’m going to tell you about his birthday.” “First Mum and Dad put a seed in Mum’s stomach and Luke grew in there. He ate for nine months through an umbrella cord.” The class was watching her in amazement. Erica continues “Then, about two Saturdays ago, my Mum starts going, “Oh, Oh, Oh, Oh!” Erica put her hands behind her back and groans. “She walked around the house for, like an hour (Erica walked up and down waddling like a duck and groaning).

My Dad called the middle wife, she delivers babies, but she doesn’t have a sign on her car like the Dominio’s man. They got my Mum to lie down in bed like this”. (Erica sat down on the floor with her back against the wall). She continued: “then pop! My Mum had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshheew! Demonstrating she spread her legs and moved her hands to represent the flow of the water. “Then the middle wife starts saying “push, push,” and “breathe, breathe”. They started counting, but they never even got past ten. Then, all of a sudden, out comes my brother. (Erica pulls the pillow from under her sweater). My brother was covered in yucky stuff that they all said it was from Mum’s play center, so there must be a lot of toys inside there. When he got out, the middle wife spanked him for crawling up in there in the first place.”

Then Erica stood up, took a big theatrical bow for the loud applause and returned to her seat .

Since that time “Miss” has always taken her camcorder to school on “Show and Tell days” in case the middle wife comes again.

CROSSWORD ANSWERS: Across 1. Elfin, 4. Spectre, 8 Parsnip, 9 Apish, 10 Ratel, 11 Rhombus, 13 Umbo, 15 Revise, 17 Reveal, 20 Rend, 22 Complex, 24 Ibsen, 26 Reign, 27 Episode, 28 Overeat, 29 Nonet.
Down 1. Emperor, 2 First, 3 Nonplus, 4 Superb, 5 Erato, 6 Thimble, 7 Ethos, 12 Horn, 14 Mere, 16 Vampire, 18 Edition, 19 Lenient, 21 Expert, 22 Curio, 23 Lunge, 25 Spoon.

Left/Right: Heartbeat Chairman, Mike Farthing, Ipswich Mayor, Ian Parry and Manager of EasyHotel, Northgate Street, James Webster, at the installation of a defibrillator on the hotel premises.

